

SAN JOSE AFTER SCHOOL**Houge Park Area**

San José After School is a partnership by the City of San José, with school districts, community-based organizations, teachers and parents to provide safe, fun and enriching activities for youth after school.

After school programs promote healthy youth development and student learning. This includes homework centers and tutoring, recreation, arts, and enrichment activities, and technology centers. Youth will enjoy safe, fun, and enriching activities at sites located throughout San José.

There are wonderful after school programs in your area. For more information about schools, libraries, and centers offering afterschool programs, please contact 408-277-5203

Types of Programs

Level 1: Homework Assistance. Level one sites offer after school homework help at many locations in San José.

Level 2: Safe and Accessible After School Programs. Level two sites offer integrated recreation and literacy and math enrichment programs.

Level 3: Integrated and Comprehensive approach After School Programs. Level three sites integrate literacy, leadership, education, nutrition, cultural arts and recreation activities.

Sites	Level	Time
Carlton Elementary School	Level 1	*
Farnham Elementary School	Level 3	2:30-6pm
Leigh High School	Level 1	*
Lietz Elementary School	Level 3	2:30-6pm
Lone Hill Elementary School	Level 1	*
Union Middle School	Level 1	*

* Homework Assistance offered at individual sites immediately following the end of the school day (approximately 2:30-3:30pm).

Do you have a talent, hobby, or special skill to share with others?

Turn that skill into cash by becoming a class instructor. Apply on-line at

jobs.cityofsj.org

or call (408) 979-7829 for more information.

Kirk Community Center

1601 Foxworthy Avenue, San José 95118

Phone: 408-723-1571

Fax: 408-264-2359

Supervisor: Gerard Manuel

Email: gerard.manuel@sanjoseca.gov

Bus Lines: 63

Types of Programs: Adult, fee class, senior programs, senior nutrition, theater, youth programs, and special events.

Mail Registration to: P.O. Box 6707, San José, CA 95150

ARTS & CRAFTS**Art Time** **\$60**

Kids will utilize various art materials, methods, and media to create beautiful, fun works of art. Painting, drawing, sculpting, gluing, and cutting are skills enhanced by this class. Parent participation is mandatory. Food is provided for any cooking project.

No Class 11/11

Instructor: Rivera

Course#	Day	Date	Time	Age	Mtg.	Loc.
297.2.107	T	10/5-11/9	9:30-10:30am	2-3	6	HO
297.2.108	T	10/5-11/9	10:45-11:45am	4-5	6	HO
253.2.111	F	10/8-11/12	9:30-10:30am	18-36m	6	KR
253.2.112	F	10/8-11/12	10:45-11:45am	2-5	6	KR
253.2.113	F	10/8-11/12	12-1pm	2-5	6	KR

Kirk Community Center continues on the next page





DANCE

Ballet/Tap Combo - Level 1 \$70

Come join the fun! This joyful introduction to tap and ballet teaches ballet positions and tap routines using basic steps. Students have lots of fun developing coordination and a sense of rhythm. (Tap and ballet shoes REQUIRED.) Parents may stay for the first and last classes only.

No Class 10/11

Instructor: DanceKids

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.211	M	10/4-11/29	2:15-3pm	3-5	8	KR

Ballet/Tap Combo - Level 2 \$70

Students will review basic ballet positions and tap steps. New dance routines and combinations will be taught to classical music and familiar children's songs. A fun and engaging experience for all. Parents may stay for the first and last classes only.

No Class 10/11

Instructor: DanceKids

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.213	M	10/4-11/29	3:15-4pm	4-6	8	KR

Bouncin' Babies \$70

A class for all you active bouncin' babies and parents to come play and have some fun together. Use bean bags, balls, rattles, and more. You can shake, rattle, and roll to exciting lively music with tambourines, shakers, drums, and other neat instruments. The class will also emphasize pre-walking and early walking skills. A great class for baby and you with so many things to do.

No Class 10/11

Instructor: DanceKids

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.216	M	10/4-11/29	9:30-10:15pm	10-18m	8	KR

Dancin' Boggie Babies \$70

Come have some serious fun with your little one and do the Boogie Woogie Bear! You and your baby will sing and dance to lively nursery songs and children's show tunes. Jump, run, hop, and boogie away with hula hoops, dancing scarves, bean bags, and more.

No Class 11/10

Instructor: DanceKids

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.201	M	10/4-11/29	10:30-11:15am	19-30m	8	KR

Fun, Fitness & Tumbling \$70

Come join this active fun class. Students will learn basic front rolls, back rolls, somersaults, headstands, bridges, crabwalks, and more. Fitness warm-ups and energized exercises to music are included. This class enhances your child's coordination, motor skills balance, strength, flexibility, and self-confidence. Parents may stay for the first and last classes only.

No Class 10/11

Instructor: DanceKids

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.202	M	10/4-11/29	1:15-2pm	3-5	8	KR
253.2.203	T	10/5-11/23	9:30-10:15am	3-5	8	KR

Jazz Dance, Hip Hop, & Fitness \$70

Come learn really neat steps and move to lively energizing music. Class includes warm-up and cool-down exercises. Parents may stay for the first and last classes only.

No Class 10/11

Instructor: DanceKids

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.214	M	10/4-11/29	4:15-5:15pm	5-9	8	KR

Little Shining Stars \$70

A fun creative class designed specifically for pre-schoolers. Foster confidence and self-esteem in your child while they explore creativity and imagination through fun games and activities. Students will explore movement, puppetry, rhythm, mime, storytelling, and more. Your child won't want to miss out on this wonderful opportunity to experience the magic. Parents may stay for the first and last classes only.

No Class 11/11, 11/25

Instructor: DanceKids

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.209	Th	10/7-12/9	11:30am-12:15pm	3-5	8	KR

Terrific Tot Tumbles \$70

Come on mommy and daddy and bring your energized toddler to class for some fun and play. This special class will include activities such as, warm-up exercises and movements to music. The little ones will learn basic tumbling, somersaults, crabwalks, bear walks, bridges, and much more. Come play with hula hoops, bean bags, balls, and blow bubbles while making some new friends!

No Class 11/11, 11/25

Instructor: DanceKids

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.205	T	10/5-11/23	10:30-11:15am	2.5-3.5	8	KR
253.2.206	Th	10/7-12/9	10:30-11:15am	2.5-3.5	8	KR

EARLY CHILDHOOD RECREATION

Please read the ECR Policy on page 90.

Time for Twos \$80

Come play with us and meet new friends! Join us for a fun-filled hour of crafts, music, games and stories. This parent/child class emphasizes pre-socialization skills, creativity, and circle time activities such as songs, stories and listening games. This class is a one parent to one child activity. No siblings allowed. Food will be provided for any cooking activities.

No Class 10/11

Instructor: Paulsen

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.301	M	10/4-11/29	9-10am	24-36m	8	KR
253.2.302	M	10/4-11/29	10:15-11:15am	24-36m	8	KR
253.2.303	M	10/4-11/29	11:30am-12:30pm	24-36m	8	KR
253.2.304	W	10/6-11/24	9-10am	24-36m	8	KR
253.2.305	W	10/6-11/24	10:15-11:15am	24-36m	8	KR
253.2.306	W	10/6-11/24	11:30am-12:30pm	24-36m	8	KR

“SPORTS FOR ALL” THROUGH CITYWIDE ADAPTED SPORTS! See Page 34 .

Wee Threes \$125

A socialization program that emphasizes positive self-esteem, following direction and simple learning concepts. Activities include circle time, music, song, stories, and arts and crafts. Parents may stay or not as they choose. Children must be toilet trained. Food will be provided for any cooking activities.

No Class 10/5, 11/2, 11/11, 11/25, 12/7 Instructor: Paulsen

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.307	T/Th	10/7-12/16	10:30am-12pm	3	16	KR

Tiny Tots \$220

This class will help your child prepare for pre-school and kindergarten. Classes are designed to promote independence, and improve social, cognitive, and movement skills. Activities include crafts, stories, playtime and simple learning concepts. Child must be completely toilet trained and able to attend the class by themselves. Please bring the child's birth certificate to the first class. Food will be provided for any cooking activities.

No Class 10/11, 11/22, 11/24, 11/26 Instructor: LaRose

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.308	M/W/F	10/6-12/10	9-11am	3.5-4	24	KR
253.2.309	M/W/F	10/6-12/10	11:30am-1:30pm	3.5-4	24	KR

Kinder Tots- Level 1 \$295

This class emphasizes age appropriate activities, which may include crafts, stories, drama, music, and games used to develop socialization skills, hand/eye coordination, and motor skills. Children must have a general understanding of how to write their name as well as their numbers. Child must be toilet trained. Please bring the child's birth certificate to the first class. Food will be provided for any cooking activities.

No Class 10/8, 10/11, 11/22, 11/24, 11/26, 12/8 Instructor: Campen

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.310	M/W/F	10/4-12/10	8:30-11am	4-4.5	23	KR

Kinder Tots - Level 1 \$150

No Class 11/11, 11/25 Instructor: Morin

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.312	T/Th	10/5-12/7	11:30am-1pm	4-4.5	16	KR

Kinder Tots- Level 2 \$295

This class emphasizes age appropriate activities, which may include crafts, stories, drama, music, and games used to develop socialization skills, hand/eye coordination, and motor skills. Children must be able to write their name, have knowledge of their numbers up to ten, and their shapes and colors, so that these skills can be improved, however the emphasis of the class is on fun. Child must be toilet trained. Please bring the child's birth certificate to the first class. Food will be provided for any cooking activities.

No Class 10/8, 10/11, 11/22, 11/24, 11/26, 12/8 Instructor: Campen

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.311	M/W/F	10/4-12/10	12-2:30pm	4.5-5	24	KR

Kinder Tots - Level 2 \$200

No Class 11/11, 11/25 Instructor: Morin

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.312	T/Th	10/5-12/7	8:30-11am	4.5-5	16	KR

MUSIC/THEATER ARTS**Art Explorations \$87**

This spectacular course blends creative DRAMA, DANCE, MUSIC and VISUAL ARTS for a one-of-a-kind program. From fairy tales to folk tales, hip hop to jazz, through comedy and drama, with costumes, props, music, arts and crafts, children experience the wonderful world of the arts! Art Explorations is about creative expression: exploring, creating, experimenting, and having fun! Children build self-esteem, are inspired to develop individual talents, and realize the artist that lies within each of them! Budding young artists shine as they participate in a fun-filled presentation held the last day of class. (Activities vary by age group.)

No Class 11/11, 11/25 Instructor: C.L.A.P.

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.421	Th	10/7-12/9	4-5pm	5-8	8	KR
253.2.422	Th	10/7-12/2	5-6pm	8-12	8	KR

"Play time" \$65

All the worlds a stage! So bring your child to come and play in it. Through crafts and improvisation, and movement, this class will work to bring you child out of their shell, or if they already are, help them focus that energy. Be your favorite animal. Learn how to grow like a flower. And have lot's of laughs. This is a parent child class.

Instructor: Lewis

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.411	T	10/5-11/23	9:30-10:30	3-5	8	KR
253.2.419	T	10/5-11/23	10:45-11:45	3-5	8	KR

Beginning Guitar

Beginning guitar is fun! In this self-paced, no pressure class, you will learn the basic chords, how to strum, introduction to picking and many easy songs to play with family and friends. It's up to you how far you want to go. Come and join the fun. **Students must provide their own guitar. No electric guitars please.**

Instructor: Marchese

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.420	T	10/5-11/23	5-6pm	7-15	8	KR

Kirk Community Center continues on the next page





MUSIC/THEATER ARTS

Piano Keyboard - Level 1 \$68

A class in basic piano skills and music reading. Principles of rhythm, melody, harmony and ear training are taught with the aid of tonally accurate portable keyboards provided by the instructor. Participants will enjoy this individual approach. Access to a piano or keyboard is recommended. A \$7.50 music book fee payable to the instructor, will be collected at the first class. Students must bring their own set of headphones. Please register your child in their appropriate level, for their age. Level I - Beginner level with NO prior keyboard or piano playing experience or lessons. Level II - Participant has completed Level I. Level III - Participant has completed Level II.

Instructor: Noteworthy Music

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.401	T	10/5-12/14	3:30-4:10pm	6-12	10	KR
253.2.405	W	10/6-12/15	3:30-4:10pm	6-12	10	KR

Piano Keyboard - Level 2 \$68

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.403	T	10/5-12/14	5-5:40pm	6-12	10	KR
253.2.407	W	10/6-12/15	5-5:40pm	6-12	10	KR

Piano Keyboard - Levels 2 & 3 \$68

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.402	T	10/5-12/14	4:15-4:55pm	6-12	10	KR
253.2.406	W	10/6-12/15	4:15-4:55pm	6-12	10	KR
253.2.404	T	10/5-12/14	5:45-6:25pm	6-12	10	KR
253.2.408	W	10/6-12/15	5:45-6:25pm	6-12	10	KR

Move and Groove \$87

Participants dance to a variety of theme music in this fabulous course that features a blend of popular dance styles. Children learn to express themselves through creative movement, develop good fitness habits, and build self-esteem. This is a great course for dancers of all levels! Program culminates with a choreographed performance.

No Class 10/11

Instructor: C.L.A.P.

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.413	M	10/4-11/29	6-7pm	6-9	8	KR

Move and Groove - Parent/Child \$87

No Class 10/11

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.410	M	10/4-11/29	7-7:45pm	2-4	8	KR

The date, time, and location of activities published are correct at the time of publication. Due to unforeseen circumstances, the information published may change.

SPORTS & FITNESS

Little Ninja Fitness Fun \$58

This fun-filled class will give your child a great workout. Each little ninja will learn basic warm-up exercise, karate moves and fitness exercises. This is a great way to get your tot the chance to use their energy in a positive way. Check with instructor on uniform, belt testing and certification at the end of the session.

No Class 11/26

Instructor: Camp Carter Intl.

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.502	F	10/8-12/3	10:30-11:30am	3-5	8	KR

Tennis \$60

Learn to play tennis! Basic play, technique, and skills will be emphasized. Classes are offered in various age groups and experience levels. Participants should wear comfortable clothing and tennis shoes, and must provide their own tennis racquet. A good idea is to bring a full water bottle to the class meeting. Students must bring 2 cans of NEW tennis balls to class. Please note that class will not be held on rainy days.

Pee Wee Level: A fun, introductory tennis program for young children. Instruction focuses on play, techniques, and coordination. No experience required. Pee Wee students will need a youth size racket, which can be purchased at most sporting goods stores.

Instructor: Fernandez

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.504	T	10/5-11/23	2-2:45pm	5-7	6	PM
253.2.505	Sa	10/8-11/13	9:05-9:50am	5-7	6	PM
253.2.506	Sa	10/8-11/13	10-10:45am	5-7	6	PM

Level 1

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.507	T	10/5-11/23	3-4pm	8-12	6	PM
253.2.508	Sa	10/8-11/13	12-1pm	8-12	6	PM

Level 2

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.509	T	10/5-11/23	4-5pm	8-12	6	PM
253.2.510	Sa	10/8-11/13	11am-12pm	8-12	6	PM

Ladies Tennis

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.701	Sa	10/8-11/13	8-9am	17+	6	PM

Tennis - Private Lessons \$67/\$152

Kirk Community Center is pleased to announce private tennis lessons with our resident tennis pro Manual Fernandez. Registration will be made through the Kirk Community Center and the time will be set up between Manual and the student. Time and space will be limited. Students will have to bring a proof of registration with them on the first day of class.

Instructor: Fernandez

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.512	NA	Oct-Dec	NA	5+	1	PM
253.2.511	NA	Oct-Dec	NA	5+	3	PM

If you see graffiti in a park, please call 408-277-2758

SPORTS LEAGUES

Basketball Workshop \$20

All new skills workshops will begin in the Fall. Proper techniques will be taught in the specialize skills. These camps are (1) day camps. **Location:** John Muir Middle School – 1250 Branham Lane

Shooting:

Course#	Day	Date	Time	Grade	Mtg.	Loc
2532.911	Sa	10/16	9-11am	3-5th	1	JM
2532.912	Sa	10/16	12-2pm	6-8th	1	JM
2532.913	Sa	10/16	3-5pm	9-10th	1	JM

Passing:

Course#	Day	Date	Time	Grade	Mtg.	Loc
2532.914	Sa	10/23	9-11am	3-5th	1	JM
2532.915	Sa	10/23	12-2pm	6-8th	1	JM
2532.916	Sa	10/23	3-5pm	9-10th	1	JM

Dribbling:

Course#	Day	Date	Time	Grade	Mtg.	Loc
2532.917	Sa	10/30	9-11am	3-5th	1	JM
2532.918	Sa	10/30	12-2pm	6-8th	1	JM
2532.919	Sa	10/30	3-5pm	9-10th	1	JM

Offense/Defense:

Course#	Day	Date	Time	Grade	Mtg.	Loc
2532.920	Sa	11/6	9-11am	3-5th	1	JM
2532.921	Sa	11/6	12-2pm	6-8th	1	JM
2532.922	Sa	11/6	3-5pm	9-10th	1	JM

Holiday Basketball Camp \$50

Camps will be given by teacher/coach Lou Ayala, former coach of the boys and girls varsity basketball teams at Pioneer High School. This will be coach A's 15th Annual Session of Sports Camps for Kirk. The fundamentals of basketball will be taught, as well as more advanced skills. The basics such as dribbling, passing, shooting, footwork, screening and strategies will also be developed. Learn and have in Basketball Camp! Drinks and awards (cards) are provided. **Location:** John Muir Middle School – 1250 Branham Lane

Course#	Day	Date	Time	Grade	Mtg.	Loc
2532.923	M-W	12/20-12/22	12:30-3pm	3-5th	3	JM
2532.924	M-W	12/27-12/29	1-4pm	6-8th	3	JM

Coed Soccer League \$48

The Soccer League is a win-win program for 3-12 year olds. Participation, fundamental skills, teamwork and sportsmanship are emphasized in a pressure free environment. There will be a parent and coaches meeting at Kirk Center on Thursday October 14th from 7:00-8:30 pm. Soccer clinic: Saturday, October 16, 2004. Clinic times are for October 16th only. Game times will not be the same as your clinic time. Teams will be selected randomly. You may not request to play with someone else. Pizza, drinks, and awards are provided. **Location:** Paul Moore Park-Corner of Cherry & Hillsdale

Course#	Day	Date	Time	Age	Mtg.	Loc
2532.901	Sa	10/16-11/20	9-10am	3-4	6	PM
2532.902	Sa	10/16-11/20	10:15-11:15am	5-6	6	PM
2532.903	Sa	10/16-11/20	11:30am-12:30pm	7-8	6	PM
2532.904	Sa	10/16-11/20	12:45-1:45pm	9-10	6	PM
2532.905	Sa	10/16-11/20	2-3pm	11-12	6	PM

Coed Football League \$48

The Football League is a win-win program for 5-13 year olds. Participation, fundamental skills, teamwork and sportsmanship are emphasized in a pressure free environment. There will be a parent and coaches meeting at Kirk Center on November 23rd from 7-8:30 pm. **Football clinic:** Saturday, December 4, 2004. **Clinic times are for December 4th only.** Game times will not be the same as your clinic time. Teams will be selected randomly. You may not request to play with someone else. Pizza, drinks, and awards are provided. **Location:** Paul Moore Park-Corner of Cherry & Hillsdale

No Games 12/25, 1/1

Course#	Day	Date	Time	Age	Mtg.	Loc
2532.906	Sa	12/4-1/22	9-10am	5-6	6	PM
2532.907	Sa	12/4-1/22	10:15-11:15am	7-8	6	PM
2532.908	Sa	12/4-1/22	11:30am-12:30pm	9-11	6	PM
2532.909	Sa	12/4-1/22	12:45-1:45pm	12-13	6	PM
2532.910	Sa	12/4-1/22	2-3pm	11-12	6	PM

SPECIALITY CLASSES

Photography For Beginners \$58

Learn the basics of photography. You will have the opportunity to find interesting scenes to photograph in the park. Start your own scrap book with the pictures you take yourself. This class is perfect for boys and girls who want to be creative.

No Class 10/11

Instructor: Camp Carter Int.

Course#	Day	Date	Time	Age	Mtg.	Loc.
2532.616	M	10/4-11/29	3:45-4:45pm	7-12	8	KR

Spanish for Beginners \$58

A class designed to gain basic knowledge of the Spanish language. This course is a great opportunity for you to learn the foundation of the language. It is a fast and easy way to learn the Spanish language along with some culture and history.

No Class 10/11

Instructor: Camp Carter Int.

Course#	Day	Date	Time	Age	Mtg.	Loc.
2532.632	M	10/4-11/29	4:45-5:45pm	7-12	8	KR

ADULT CLASSES

Aerobic Kickboxing \$58

Want a high energy, fun way to exercise? Then this class is for you. Aerobic kickboxing is great for toning muscles, strengthening your cardiovascular system, and losing weight. The ultimate overall workout. Get physically fit and learn several self defense techniques at the same time. If you like tae-bo, you'll love this class. You will need cloth fist pads which may be purchased from a sporting goods store or from the instructor.

Instructor: Camp Carter Int.

Course#	Day	Date	Time	Age	Mtg.	Loc.
2532.710	T	10/5-11/23	6-6:50pm	16+	8	KR

Kirk Community Center continues on the next page



ADULT CLASSES

China Painting \$77

Learn the techniques of painting on porcelain. Create jewelry boxes, plates, and tomorrow's treasures. The instructor will notify students what and where to purchase supplies before the first class meeting. Cost of the supplies is approximately \$50.00 for beginners.

No Class 10/11

Instructor: Otey

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.703	M	10/4-11/29	6:30-9:30pm	16+	8	KR

Beginning Guitar

Beginning guitar is fun! In this self-paced, no pressure class, you will learn the basic chords, how to strum, introduction to picking and many easy songs to play with family and friends. It's up to you how far you want to go. Come and join the fun. **Students must provide their own guitar. No electric guitars please.**

Instructor: Marchese

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.720	T	10/5-11/23	6-7pm	16+	8	KR

Hatha Yoga \$80

A contemporary blend of traditional and non-traditional Hatha Yoga. Class works on breathing, flexibility, endurance, strength, and relaxation. Students work at their own level. Wear loose clothing and bare feet. Bring a large towel.

No Class 11/24

Instructor: Jamello

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.711	W	10/6-12/15	9:30-11am	16+	10	KR

Low Impact Aerobics \$58

In this class you will get an overall workout with emphasis on toning muscle, gaining strength, and increasing flexibility, while improving cardiovascular level. Total fitness put to music.

No Class 11/11, 11/25

Instructor: Camp Carter Int

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.712	Th	10/7-12/9	6-6:50pm	16+	8	KR

Pilates for Beginners \$58

Pilates is a type of body conditioning that used your own body's natural resistance to strengthen, tone and stretch your abdominal, back and leg muscles, improving your posture, building stronger and more flexible muscles and increasing your energy. Students need to bring a mat with them to class.

Instructor: Camp Carter Int

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.713	T	10/5-11/23	7:05-7:55pm	16+	8	KR

Slow Mindful Tai Chi \$70

The practice of Tai Chi tones the body, relaxes the mind, helps to strengthen the immune system, and helps to reduce stress. Regenerative energies are awakened, while revitalizing the body and empowering the mind, which has healing influences. Seven Circles for Health, Qu Quong, and non-repetitive Tai Chi will be taught.

No Class 10/11

Instructor: Harvey

Course#	Day	Date	Time	Age	Mtg.	Loc.
253.2.702	T	10/5-11/23	6-7:30pm	16+	8	KR

SENIOR PROGRAMS

For more information on the Kirk Senior program, see page 22.

SAN JOSE AFTER SCHOOL

Kirk Area

San José After School is a partnership by the City of San José, with school districts, community-based organizations, teachers and parents to provide safe, fun and enriching activities for youth after school.

After school programs promote healthy youth development and student learning. This includes homework centers and tutoring, recreation, arts, and enrichment activities, and technology centers. Youth will enjoy safe, fun, and enriching activities at sites located throughout San José.

There are wonderful after school programs in your area. For more information about schools, libraries, and centers offering after school programs, please contact 408-277-5203.

Types of Programs

Level 1: Homework Assistance. Level one sites offer after school homework help at many locations in San José.

Level 2: Safe and Accessible After School Programs. Level two sites offer integrated recreation and literacy and math enrichment programs.

Level 3: Integrated and Comprehensive approach After School Programs. Level three sites integrate literacy, leadership, education, nutrition, cultural arts and recreation activities.

Site	Level	Time
Almaden Elementary School	Level 1	*
Alta Vista Elementary School	Level 1	*
Athenour Elementary School	Level 1	*
Blossom River Apartments	Level 1	*
Branham High School	Level 1	*
Dartmouth Middle School	Level 1	*
Hacienda Elementary School	Level 1	*
John Muir Middle School	Level 2	*
Oster Elementary School	Level 2	2:30-6pm
Pearl Avenue Branch Library	Level 1	*
Pinmore Gardens Apartments	Level 1	*
Reed Elementary School	Level 1	*
Sartorette Elementary School	Level 2	2:30-5pm
Schallenberger Elementary School	Level 3	2:30-6pm
Terrell Elementary School	Level 2	2:30-5pm

* Homework Assistance offered at individual sites immediately following the end of the school day (approximately 2:30-3:30pm).